



INTERCONTINENTAL
LONDON PARK LANE

FITNESS CENTRE ETIQUETTE

- The gym is reserved exclusively for the use of hotel guests.
- Guests under the age of 16 must be accompanied by an adult at all times for their safety.
- Kindly remember to maintain a considerate attitude towards other guests using the gym.
- Proper gym attire, including footwear, is required to ensure a comfortable environment for everyone; please wear clothing that is breathable, suitable for exercise and respectful of other guests.
- Please be mindful not to wear anything that may cause distraction to other guests.
- While listening to music, please use earphones to prevent disruption to others.
- Kindly remember to sanitize equipment after use and return it to its designated spot for the next guest to use.
- Dropping weights on the floor is not permitted to avoid damage and ensure a safe environment for everyone.
- The use of the gym while under the influence of alcohol, drugs, or other substances that may impair your ability to exercise safely is strictly prohibited.
- Photography and videography in the gym are not permitted without prior consent from the hotel.
- Please remember that personal belongings are your responsibility while using the gym, the hotel is not liable for any loss or damage.

In case of emergency, please use the red telephone provided to contact the team.

Low level panic alarms are located around the gym. CCTV is in operation 24 hours a day.